

A COUNTY OF SAN DIEGO PARKS AND RECREATION DEPARTMENT FACILITY



FALLBROOK COMMUNITY CENTER

ACTIVITY & PROGRAM GUIDE

WINTER/SPRING 2008



CREATING COMMUNITIES THROUGH PEOPLE, PARKS AND PROGRAMS.

www.sdparks.org • Now Online Registration, See page 2

Ways to Register



Online Registration: You can now register online for activities at no additional cost using a Visa, MasterCard or Discover. The mouse icon indicates which activities are available for online registration. Please visit www.sdparks.org and click on the online registration icon or go to Community and Teen Centers Online Registration. You will then be directed to the online registration program. Follow the instructions and in minutes, from the comfort of your own home, you will be registered for your favorite activities.

In Person: Register in person at the Community Center office, located at 341 Heald Lane in Fallbrook. We are open weekdays, Monday through Friday 8:30 a.m. to 5:30 p.m. Cash, check, or credit card (Visa or Mastercard) accepted. Checks must be made payable to the County of San Diego. A valid Drivers License will be required for all personal checks.

By Phone: Call the Community Center office (760) 728-1671 to register using a credit card (Visa or Mastercard.) A waiver must be completed by each class participant prior to the first class meeting.

Refunds: Fees are refunded or credit offered only if an activity is cancelled for lack of participants.

Scholarship Information

The Friends of the Fallbrook Community Center is offering scholarships for Fallbrook resident youths. These scholarships are designed to give kids a chance to experience the world of recreation. Scholarships are funded through generous donations received by the Friends of the Fallbrook Community Center. Applications are available at the Fallbrook Community Center office.

San Diego County Local Parks Development Board County Service Area 81 (CSA 81)

CSA 81 is the local agency mandated for recreation services in the Fallbrook, Deluz, and Rainbow areas of San Diego County. Its members are appointed by the S.D. County Board of Supervisors. Meetings are held on the third Thursday of each month.

Chairman: Wicker Gamble

Members: Neil Sternberg Craig Ohlson
Sue Reed Jim Bowen
Frank Rotunda Al Gebhart

Fallbrook Community Center Staff

Director: Gordon Stone

Recreation Coordinator: Ashley Estrada

Recreation Aide: Sergio Melendrez

Administrative Staff: Rinku Aggarwal
Nydia Perez
Devyn Williams

After School Program Staff: Ame Crews Kelly Elacion
Miguel Trejo Elisa Hernandez
Kit Leitmeyer Liliana Villarreal
Tricia Nesbitt Kris Kluis
Robert Bollen Kristin Bardeen



Preschool Teachers: Celia Cortez
Lisa Horner

Preschool Aide: Rosario Molina

Building & Grounds Staff: Budd Anderson Ken Barnes
Felipe Enriquez Charles Rowan
Abel Mojica

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PHONE DIRECTORY

Art Center of Fallbrook	(760) 728-1414
Art Campus of Fallbrook	(760) 728-6383
Boys & Girls Club	(760) 728-5871
Chamber of Commerce	(760) 728-5845
County Parks and Recreation	(858) 694-3030
Elementary School District	(760) 723-7000
Family Health Clinic	(760) 728-3816
Fire Protection District	(760) 723-2005
Food Pantry	(760) 728-7608
FPUD Water & Sewer	(760) 728-1125
High School	(760) 723-6300
Hospital	(760) 728-1191
Ingold Community Sports Park	(760) 451-0012
Library	(760) 728-2373
Pop Warner Football	(760) 599-8200
Red Cross	(760) 757-5403
Sheriff	(760) 451-3100
Senior Center	(760) 728-4498
Traffic School	(800) 218-0013
Youth Baseball	(760) 728-3312
Youth Soccer	(760) 728-1712

The Fallbrook Community Center Activity and Program Guide is published three times a year by The County of San Diego Department of Parks and Recreation, 9150 Chesapeake Drive, Suite 200, San Diego, CA 92123

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Director's Message



Before the flames from the Rice Canyon Fire were out, the Fallbrook Community Center became a Local Assistance Center (LAC) for fire victims.

Over 15 agencies set up in the building and on the grounds to provide disaster relief.

Community Center activities, rentals, and classes were temporarily put on hold. After a very hectic 4 weeks the LAC downsized with remaining agencies set up in one of our mid-sized rooms. Most center classes and activities were able to resume by the end of November.

Fallbrook residents and relief agencies have been understanding, compassionate, and generous through the whole ordeal. The outpouring of volunteer help and donations has been outstanding. Community Center staff has been glad to assist by hosting the LAC and serving Fallbrook in this time of need.

As 2008 begins Fallbrook Community Center is back to normal operations. Staff has put together a full schedule of positive, healthy and enriching activities for all ages and interests. We invite you to lift your spirits and complete your personal recovery by getting out and getting involved in activities at Fallbrook Community Center!

Gordon Stone

Fallbrook Community Center Director
County of San Diego Department of Parks and Recreation



HOLIDAYS

WE WILL BE CLOSED ON THE
FOLLOWING DATES:

JANUARY 1 NEW YEAR'S DAY

JANUARY 21 MARTIN LUTHER KING DAY

FEBRUARY 18 PRESIDENT'S BIRTHDAY

MAY 26 MEMORIAL DAY

San Diego Blood Bank

March 13

Giving blood is one of the most effective ways to help your community because it saves lives. Donating blood is a very safe and simple process. Donors are accepted from 12:30 - 5:30 p.m. For an appointment call 800-479-3902 ext. 8251

Pancake Breakfast & Spring Egg Hunt

March 22

Bring the whole family and join the Spring Bunny for a tasty pancake breakfast and egg hunting fun! Fallbrook Firefighter's Association will serve up a delicious pancake breakfast as the Spring Bunny hops around and meets all the kids. After breakfast, Egg Hunts are arranged by age group followed by fun games and contests.

Breakfast: 7:30 - 10 a.m. \$4 adults / \$2 kids under 12

Egg Hunts & Games: 10:30 a.m.

American Crown Circus

April 2 & 3

The circus is coming to Fallbrook Community Center! Enjoy clowns, jugglers, acrobats and plenty of fun and excitement. The High Wire and Trapeze, The Wheel of Death and Perch Pole Acrobatics are the featured acts. Performances are at 5 and 7 p.m. on each day. Free children's tickets are available in advance at the Community Center.

Adult tickets are \$12.

Up to 2 free children may accompany a paying adult.

Proceeds benefit "Friends of Fallbrook Community Center".

Health Fair



April 5

Get healthy and take part in this fun, informative and educational Health Fair on Saturday, April 5, 9 a.m. to 1 p.m. at Fallbrook Community Center. There will be activities and information on healthy living for folks of all ages; plus entertainment, music, fun and prizes! There will be health screenings in Glucose, Bone Density, Cholesterol plus many more! This free event is sponsored by Fallbrook Health Care District and County of San Diego Parks and Recreation.

Fallbrook Garden Club Inc.

Annual Flower Show

April 26 & 27

The Fallbrook Garden Club, presents their 77th Annual Flower Show "Nature's Palette", held at Fallbrook Community Center as a gift to the community. Admission is free. A large plant sale is also held at the event. Entries are invited both in Horticulture and Design. The design section does require advance reservations. For information call Judy Farnan 451-0792 or Pauline Sechi 728-6622.

Dates and Times: Saturday, April 26, 2 - 6:00 p.m.
Sunday, April 27, 10:00 a.m. - 4:00 p.m.

Battle of the Bands

May 3

It doesn't matter if you've played at parties, talent shows, paid gigs or your garage; this event is open to all teen bands ages 13 - 19 years old. If selected, your band will play at the Community Center on Saturday, May 3 between 12 noon and 8 p.m. Two stages will be set up for your band to make a twenty minute debut and battle it out for the \$200 first place award, \$100 second place award and other prizes. Bands must submit an application and demo CD to the Community Center by April 18. Bands selected to "The Battle" will be notified by April 25.

New! Special Event Family Summer Kick Off



May 17

Families with children of all ages are invited to enjoy an evening kick off to summer that's all about family! Several instructors will join us for fun relays, dancing, volleyball, face painting, golf putting contests, tennis skills, information on camping and other summer activities. The Family Summer Kick Off begins at 5 p.m. and will conclude with a family movie in the park at dusk. For more information please contact the Community Center office.

Saturday Traffic School

Traffic School is held at the Community Center on several Saturdays through out the year. This 8 hour course satisfies DMV traffic school requirements. Instructors do their best to make your day as painless as possible. For dates, times, fees and registration call (800) 218-0013

We Care Pre-School & Childcare 2.5 to 5 Years

(License #376600524)

The We Care Preschool program offers a half day morning pre-school from 6:30 a.m. to 12:30 p.m. (Monday through Friday) as well as a full day childcare from 6:30 a.m. to 6:00 p.m., for potty-trained children ages 2 ½ through 5. A day at preschool includes many exciting adventures in arts and crafts, music and movement, stories, games, cooking and nature projects.

Monthly Tuition:

	Full Day 6:30 a.m. to 6:00 p.m.	Half Day 6:30 a.m. to 12:30 p.m.
5 days/week	\$421	\$267
4 days/week	\$375	\$247
3 days/week	\$309	\$204
2 days/week	\$235	\$155



After School Education and Safety Program Before and After School The La Paloma A.S.E.S. Program

Do you want a safe place for your La Paloma student before and after school? Would you like to get them homework help, improve their grades, and have fun? This FREE program is for you. Space is limited. Applications are available at the Community Center. The La Paloma A.S.E.S. After School Program is a cooperative effort of Fallbrook Union Elementary School District and County of San Diego Parks and Recreation.



School Vacation Day Camps 2008

Vacation Day Camps provide a safe, supervised and fun place for school age children on school holidays. Crafts, movies, games, sports, snacks, holiday parties and other fun projects will be the order of the day. Supervision will be provided by Community Center child care staff. Children need to bring a nutritious morning snack, sack lunch and drink. An afternoon snack will be provided.

Early sign up Fee: \$15 per day (must sign up minimum 1 week in advance)

Camp Fees: \$18 per day - 10% off second child

Hours: 7 a.m. to 6 p.m.

Dates Offered: February 14, 15 / March 24 – 28



We All Live Downstream

CAN your Litter!



COUNTY OF SAN DIEGO
WATERSHED PROTECTION PROGRAM

(888) 846-0800 www.sdcounty.ca.gov/dpw/watersheds

New! Creative Movement



Webby Dance Company's Creative Movement class is a combination of Ballet, Tumbling and Creative Movement. This class incorporates over 250 choreographed dance routines along with age appropriate music. Included in our classes are a variety of props such as pom-poms, tambourines and much, much more.

Instructor: Natalia Morales-Byles
Dates: Mondays
Session I: 1/28-2/25 (no class on 2/18)
Session II: 3/3-3/24
Session IV: 3/31-4/21
Session V: 4/28-5/19
Time: 8:45 – 9:15 a.m.
Fee: \$40 per session / \$20 supply fee paid to instructor at 1st class
Age: 2 – 3 years old
Class Limit: 5 – 12 students

New! Dance - Ballet & Tap



Webby Dance Class is a combination of Tap and Ballet. This class incorporates over 250 choreographed dance routines along with age appropriate music. Included in our classes are a variety of props such as pom-poms, tambourines and much, much more.

Instructor: Natalia Morales-Byles
Dates: Tuesdays
Session I: 1/29-2/19
Session II: 2/26-3/18
Session IV: 3/25-4/15
Session V: 4/22-5/13
Time: 10 – 10:45 a.m.
Fee: \$42 per session / \$20 supply fee paid to instructor at 1st class
Age: 3 – 5 years old
Class Limit: 5 – 12 students

New! Kids Fitness



Children ages 3 to 9 meet once a week for a 60 minute cardio workout on a child size stationary bikes and treadmills. During class, instructor shares a fun approach in an interactive and energetic way to eat right and staying active. At the end of each class, instructor introduces fresh fruits or veggies.

Instructor: Margie Garcia
Dates: Tuesdays
Session I: 1/29-3/18
Session II: 3/25-5/13
Time: 3 – 4 p.m. / 4 – 5 p.m. / 5 – 6 p.m.
Fee: \$64 per session
Age: 3 to 9 years old
Class Limit: 18 – 48

New! Tumbling



Webby Dance Company's tumbling class introduces basic tumbling and balancing skills, obstacle courses and exciting routines. The children will explore different gymnastic stations such as a mini trampoline, balance beam, tunnel, tumbling mat, rhythmic ribbons and other creative equipment.

Instructor: Natalia Morales-Byles
Dates: Tuesdays
Session I: 1/29-2/19
Session II: 2/26-3/18
Session IV: 3/25-4/15
Session V: 4/22-5/13
Time: 11 – 11:30 a.m.
Fee: \$40 per month / \$20 supply fee paid to instructor at 1st class
Age: 2 – 3 years old
Class Limit: 5 – 12 students



New! Gizmos



Does your child have a great imagination and enjoy creating new projects? This fun winter/spring class will create a new “Gizmo” every week from electric toys, solar projects or paddle boats. Each class will be sure to inspire the inventor in your child. Great for family participation! Parents are encouraged to enroll with their kids. An additional \$5.00 will be charged for adult.

Instructor: Martin Betz
Dates: 1/19-2/16
Time: Saturdays 2 – 4 p.m.
Fee: \$63 / \$10 supply fee paid to instructor at 1st class
Age: 7 – 12 years old
Class Limit: 10 – 15 students



New! Skateboard Design



Design your own original graphics and build your own skateboard. Students learn skateboard deck design, layout, stenciling, painting, and application techniques. Designs must be original work, no trademarked graphics or logos can be used. Deck, trucks, wheels, bearings, and grip tape are included.

Instructor: Martin Betz
Dates: 3/29-4/19
Time: Saturdays 1 – 4 p.m.
Fee: \$93
Age: 15 – 17 years old
Class Limit: 10 – 15 students



New! Jazz and Hip-Hop



Webby Dance Company's Elementary Jazz and Hip-Hop class introduces the fundamentals of Jazz and Hip-Hop. This class will build on basic jazz and hip-hop skills using individual instruction, across the floor techniques and choreographed routines. Musical selections include age appropriate hip-hop, disco, 50's, calypso and much more. This class also builds body awareness and self confidence.

Instructor: Natalia Morales-Byles
Dates: Tuesdays
Session I: 1/29-2/19
Session II: 2/26-3/18
Session IV: 3/25-4/15
Session V: 4/22-5/13
Time: 2:30 – 3:15 p.m. (ages 6 – 9)
 3:15 – 4 p.m. (ages 10 – 13)
Fee: \$40 per month / \$20 supply fee
 paid to instructor at 1st class
Age: 6 – 13 years old
Class Limit: 5 – 12 students

New! Locking in the Critical Basics of Math

All of math goes so much better when students have their basic math facts locked in solidly and quickly. If a student is missing just a few facts, it can cause significant handicaps in further progress in math. 5th, 6th, 7th, and 8th graders can labor excessively and exhaustively. In this class each participant will be individually tested and deficiencies will be pinpointed exactly. Great techniques will then be used to help the children easily master all the facts with speed. If your child has mental blocks with certain problems, these will be addressed. Save your child and yourself hours of frustration and lay solid foundation for great success in Math!

Instructors: Don, Josh, and Noelle Miller
Dates: Mondays
Session I: 1/28-2/25 (no class February 18th)
Session II: 3/10-3/31
Time: 3:30 – 5 p.m.
Fee: \$80 per 4 week session
Age: 5 – 14
Class Limit: 12 – 20

New! Wonders of Science: 50 Incredible Hands-On Experiments

This real science class will be hands-on fun from beginning to end! Students will perform over 50 terrific experiments and learn why amazing things happen. Activities include; build your own electric motor, do wild expansion/contraction experiments, make an octopus that rises and falls on command, create a mini-camera, make launchers that will soar over a building, make nylon, work dry ice wonders, put together amazing slimes and super-balls, design invisible inks, work with intriguing catalysts and enzymes, create amazing colored crystals, fire rocker cars and much more! This is a tremendous class to enrich your child's thirst to know more about the world around them.

Instructor: Don and Josh Miller
Dates: Mondays, 4/14-5/5
Time: 3:30 - 5 p.m.
Fee: \$80 per 4 week session
Age: 5 - 14
Class Limit: 12 - 20

Youth Golf



Golf Pro, Barry Krumwiede, invites boys & girls ages 7 to 16 years old, to learn the game of golf at the Circle K Golf Ranch in Rainbow. Individual instruction is provided as youngsters learn the fundamentals of grip, stance, and swing. Demonstration, guidance, practice, and fun are all part of the plan. Balls and loaner golf club are provided.

Instructor: Barry Krumwiede
Dates: Saturdays
Session I: 1/26-3/1
Session II: 3/8-4/12
Session III: 4/19-5/24
Time: 10 - 11 a.m.
Fee: \$73 per session
Class Limit: 4 - 6

Gym Kids



This class includes gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence.

Instructor: Anette Nielsen
Dates: Wednesday's
Session I: 1/16-2/20
Session II: 3/5-4/9
Session III: 4/23-5/28
Time: (ages 4-6) 3:15 - 4 p.m.
 (ages 6-8) 4 - 5 p.m.
Fee: \$76 / 6 week session
Class Limit: 6 - 10 students

New! Mom & Me Horsemanship - Ongoing



Would you like to continue advancing in your riding and general horsemanship? Those beginning young riders and their parent who have already completed the six week horsemanship course can join an ongoing class on the first Thursday or Saturday of any month.

Instructor: Gayle Lawrence
Session I: 2/7, Thursday, 4 - 5 p.m.
Session II: 2/9, Saturday, 10 - 11 a.m.
Session III: 3/6, Thursday, 4 - 5 p.m.
Session IV: 3/8, Saturday, 10 - 11 a.m.
Session V: 4/3, Thursday, 4 - 5 p.m.
Session VI: 4/5, Saturday, 10 - 11 a.m.
Session VII: 5/1, Thursday, 4 - 5 p.m.
Session VIII: 5/3, Saturday, 10 - 11 a.m.
Fee: \$80 / 4 classes per month
Age: 3 - 6 years old
Class Limit: 2 - 5



Mom & Me Horsemanship



For 3-6 year olds and accompanying parent. This six week course is designed to introduce the youngest riders to horsemanship. One hour a week, parent and child work together to groom a horse and learn the basics of safety and riding under the guidance of a certified instructor. The parent leads the horse while the child learns the beginning movements of riding. Lesson plans, educational materials and coloring activities are included.

Instructor: Gayle Lawrence
Session I: 2/7-3/13, Thursdays, 9 – 10 a.m.
Session II: 2/9-3/15, Saturdays, 4 – 5 p.m.
Session III: 4/1-5/13, Tuesdays, (no class 4/29)
Session IV: 4/3-5/15, Thursdays 9 – 10 a.m. (no class 5/1)
Session V: 4/5-5/10, Saturdays, 4 – 5 p.m.
Fee: \$125 / 6 week session
Age: 3 – 6 years old
Class Limit: 2 – 5

Karate Soo Bahk Do



Soo Bahk Doo is a traditional style of Karate from Korea that can be practiced for self-defense as well as mental and physical development. Students will benefit from this, and learn the techniques in Karate. Martial Art instruction helps develop discipline as well as self-esteem and physical conditioning. Master Poletti is a Certified 6th Degree Black Belt by the USA and Korean Soo Bahk Do Moo Duk Kwan Federation.

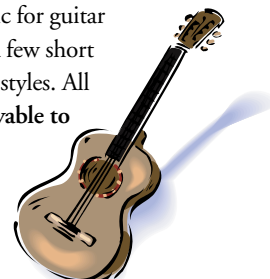
Instructor: Master Gus Poletti 6th Degree
Dates: Mondays & Wednesdays
Session I: 1/7-1/30 (no class 1/21)
Session II: 2/4-2/27 (no class 2/18)
Session III: 3/3-3/31
Session IV: 4/2-4/30
Session V: 5/5-5/28
Time: 5:30 – 6:25 p.m.
Fee: 1 class per week: \$28 / month
 2 classes per week: \$45 / month
Age: 5 and older
Class Limits: 40

Guitar



Did you ever want to learn how to play guitar? This beginner's class will teach you how to read and play music for guitar in an easy step by step progressive system. In a few short weeks you will be playing popular tunes in all styles. All material will be provided. **\$5 materials fee payable to instructor at first class.**

Instructor: Gus Poletti
Dates: Mondays
Session I: 1/28-3/24 (no class 2/18)
Session II: 3/31-5/19
Time: 6:30 – 7:30 p.m.
Fee: \$81 for 8 week session
Age: 7 years and older
Class Limits: 5 – 20



Kid's Cartooning, Sketching and Painting

Kids will explore the world of drawing and painting in this fun filled after school art class. Kids will use pencils and watercolors to depict animals, people, still life and outdoor scenes. Young artists will improve their drawing skills and gain confidence in their creative abilities.

Instructor: Caron Lieber
Dates: Wednesdays
Session I: 1/16-2/6
Time: 2:45 – 4 p.m.
Fee: \$68 / 4 class session
Age: 5 – 10 years
Class Limits: 5 – 20



The following classes are 4 classes each

1 day a week, 9:00 a.m. – 12:00 noon

Instructor: LeNita Hague

Fee: \$85 (all materials included)

18 years and older, maximum of 10 students.

Laptops are welcome



Getting Started

This class is an introduction to computers and you will learn a little about: Windows (where you begin), Computer Terminology using Microsoft Word's word processor, surfing the World Wide Web and e-mail.

Microsoft Word – Beginning

This is an introduction to Microsoft Word's word processor with topics like: terminology, document handling, character formatting, WordArt, paragraph formatting, cut/copy/paste, spell check and grammar check.

Microsoft Word – Intermediate

This class is for those with some Word experience and includes a review of the Beginning Word class as well as; columns, margins, paper sizes, labels, tabs, numbers and bullets, inserting ClipArt, and File Management.

Microsoft Word – Advanced

We will continue with Word to learn about borders and shading, tables, headers and footers, and File Management. Look at graphic design and pictures to create flyers, posters, cards, calendars, etc. using ClipArt, WordArt, and Drawing.

CLASS TITLE	DAY	DATE
Getting Started	Tuesday	January 22, 29, February 5, 12
File Management	Wednesday	January 23, 30, February 6, 13
Intermediate Word	Thursday	January 24, 31, February 7, 14
Beginning Word	Tuesday	February 26, March 4, 11, 18
Graphics & Photo Editing	Wednesday	February 27, March 5, 12, 19
Beginning Excel	Thursday	February 28, March 6, 13, 20
Intermediate Word	Tuesday	April 8, 15, 22, 29
Getting Started	Wednesday	April 9, 16, 23, 30
File Management	Thursday	April 10, 17, 24, May 1
Advanced Word	Tuesday	May 13, 20, 27, June 3
Beginning Word	Wednesday	May 14, 21, 28, June 4
Graphics & Photo Editing	Thursday	May 15, 22, 29, June 5

Digital Photo Editing

Come and explore digital image editing and formatting with a range of programs like Microsoft Word, Microsoft Photo Editor, and Photoshop Elements. Learn to download images to your computer for storage, throw away bad ones, rename, and file them. You'll discover how to edit, resize, adjust colors, add special effects, print, and reduce the size for easy e-mailing. NOTE: NO CAMERA IS NEEDED BUT COMPUTER EXPERIENCE IS

Beginning Excel

Learn the basics of a spreadsheet by creating simple formulas to perform calculations for you. Your spreadsheet can be used for day-to-day tasks you would use a calculator for, like your checkbook or keeping track of expenses for your business or club activity.

File Management

When working with your computer system, you will find it necessary to do some basic housekeeping such as moving, renaming, and deleting files, as well as creating and removing folders. Maybe you've taken some pictures on your digital camera and want to store them on the computer and then back them up on a CD.

Driver Education

Driver education is a California required course for teens to receive a driver's license. It is the first step before a teen can receive a driver's permit. The course includes parental involvement, its fun, interactive and educational. Coursework can be completed at any time of day or night. Students may choose from an internet course or a home study course. DMV accepted completion certificates issued upon successful course completion. Class does not include behind the wheel driving. Contact the Community Center office for registration and payment.

Instructor: All Good Drivers
Dates: Flexible
Time: At Your Convenience
Fee: \$75, for home study course add \$10 S&H
Ages: 14 – 18 years
Limit: None

New! Anyone Can Paint



Anyone can paint! Learn to paint in either acrylic or oil paints in a friendly, informative and supportive environment. Complete a painting by end of class. The class is for students at any level of skill and will support any special interests.

Instructor: Martin Betz
Dates: Thursdays, 1/31-2/28
Time: 7 – 9:30 p.m.
Fee: \$83, supply list for class to be given at registration
Age: 16 and up
Class Limit: 8 – 15 students

Learn to Play Bridge

One of America's favorite card games is fun for beginners or to update your bidding. We will learn basic bidding and play practice hands.

Instructor: Caryn Villalon
Dates: Wednesday's, 1/30-3/5
Time: 9:30 – 11:30 a.m.
Fee: \$50 / 6 weeks + \$6 materials fee payable to instructor at 1st class
Class Limit: 6 – 16 students

Basic Bidding and Supervised Play

Good refresher course for bridge players. Learn modern bidding rules and practice, practice, practice. We will have a brief lesson and play lots of random hands.

Instructor: Caryn Villalon
Dates: Wednesday's, 4/2-5/21
Time: 9:30 – 11:30 a.m.
Fee: \$55 / 8 weeks
Class Limit: 6 – 16 students

New! Improve Your Bridge Play of the Hand

If you know the basics of bridge and want to improve your play of the hand, this class is for you! Lots of practice hands will reinforce the lessons.

Instructor: Caryn Villalon
Dates: Fridays, 2/1-3/7
Time: 9:30 – 11:30 a.m.
Fee: \$50 / 6 weeks + \$6 materials fee payable to instructor at first class
Class Limit: minimum 6 students

New! Improve Your Bridge Defense

If you know the basics of bridge and want to improve your defense, this class is for you! Lots of practice hands will reinforce the lessons.

Instructor: Caryn Villalon
Dates: Fridays, 4/4-5/16 (no class 4/25)
Time: 9:30 – 11:30 a.m.
Fee: \$50 / 6 weeks + \$6 materials fee payable to instructor at first class
Class Limit: minimum 6 students

Duplicate Bridge

This game is advertised internationally by the American Contract Bridge League (ACBL). Anyone who can play bridge may attend. All levels of play are welcome. A light snack /lunch and coffee is provided. For information regarding games, lessons or partnerships please contact Debra Cameron at 760-728-6769 or debcameron@earthlink.net

Instructor: Debra Cameron / Fran White
Dates: Mondays & Thursdays (ongoing)
Time: 12:30 – 4:00 p.m.
Fee: \$7 per game

New! Thai Cooking

Thai Food, home style cooking, with your own creations, and concoctions, based on natural traditional methods. Learn about Thai herbs, spices, vegetables and ingredients. Learn to make popular Thai dishes: appetizer, spiced salads, Tom-yaam, Tomkha, Pad prig, Pad panang, Pad Thai, Green/ Red/Yellow curry soups. (Optional of local Thai markets, extra charge.)

Instructor: Dee Khumthorn L'Huillier
Dates: Thursdays, 2/14, 3/13, 4/10
Time: 5:30 – 7 p.m.
Fee: \$80 plus \$20 supply fee paid to instructor at 1st class.
Age: 18 years and up
Class Limit: 10 – 15

Continuing Watercolor

Experience the exciting medium of watercolor. Basic techniques and supplies for watercolor are discussed and demonstrated. New and exciting watercolor techniques are explored. Projects and techniques of various artists are introduced and studied. Usually two paintings are completed in a session. For more info call Pam at (951) 302-9879.

Instructor: Pam Benson
Dates: Mondays
Session I: 1/7-2/4 (no class 1/21)
Session II: 2/11-3/10 (no class 2/18)
Session III: 3/17-4/7
Session IV: 4/14-5/5
Time: 1 – 4p.m.
Fee: \$85 / 4 week session
Age: Adults
Class Limit: 6 – 10



New! Power Memory: Using Memory Techniques Effectively

Memory systems such as Memories, Loci, and the Phonetic Number System can be incredibly helpful when teaching or taking a class. They can make difficult teaching and learning much easier and amazingly fun. But, if the person using the techniques doesn't know how to effectively use them, what can be great, can be a hindrance. Learn when to use what memory techniques and when never to. Learn detailed helps in using them well. The class is designed for teachers, 2nd grade through college-high, school students 15 years and up, college students, parents and professional people. It's a class that has a life of applications! This class is a broadening part of what is introduced in the class, "How to Learn and Teach Anything." It is taught by Don Miller, (B.A., M.S.) who has taught both children and adults extensively in every imaginable setting for over 20 years.

Instructor: Don Miller
Dates: Mondays
Time: 7 – 8:30 p.m.
Session I: 4/14-5/5
Fee: \$90 / 4 weeks
Age: 15 years and up
Class Limit: 12 – 20

New! How to Learn Or Teach Anything!

Learn how your memory works best and what approaches to use to learn or to teach anything. This class can save years of frustrated or inefficient effort. It will make you a much more successful teacher and student and help you greatly to teach your own children and help them over obstacles they may have. It will help you to master things you never thought you could. You will learn how to overcome numerous difficulties and how to press forward if you've plateaued out in an area that you want to get much better in. This course is targeted toward business people, educators, students (high school and above) and parents. It will be taught by Don Miller (B.A., M.S.) who has taught people extensively to learn and teach for over 20 years.

Instructor: Don Miller
Dates: 1/28-3/3 (no class 2/18)
Time: Mondays 7:30 – 8:30 p.m.
Fee: \$90 / 5 weeks
Age: 16 years to adult
Class Limit: 12 – 30

Senior Lunches

The Fallbrook Senior Center serves a hot, nutritious lunch Monday through Friday to seniors 60 + at Fallbrook Community Center. The meals are served at 11:30 a.m.

Reservations are not required. Meals are also delivered to home bound seniors unable to attend lunch at the Community Center. This project is sponsored by the Fallbrook Senior Citizens Service Club, and other contributions from many generous friends and organizations in the community. It is also partially supported by the Older Americans Act Fund awarded by the County of San Diego through the Aging & Independent Services. For more details call the Senior Center at (760) 728-4498.

Adult Golf



Learn the game of golf with Golf Pro, Barry Krumwiede, at the Circle K Golf Ranch in Rainbow. Starting with short irons you will learn the fundamentals of grip, stance, and swing. Demonstration, guidance, practice, and fun are all part of the plan. Practice balls and loaner golf club available.

Instructor: Barry Krumwiede
Dates: Saturdays
Session I: 1/26-3/1
Session II: 3/8- 4/12
Session III: 4/19-5/24
Time: 11:30 – 12:30 p.m.
Fee: \$73 per session
Class Limit: 4 – 6

Beginning Spanish



¿Quieres aprender a hablar español?

Do you want to learn how to speak Spanish?

One of every seven people in the U.S.A. speaks Spanish. The Hispanic population is expected to increase 44% for 2000-2020. Learn how to speak Spanish in an easy & fun way. In no time you will learn a basic vocabulary that allows you to communicate with Spanish speakers.

\$5 materials fee payable to instructor at first class.

Instructor: Gus Poletti
Dates: Wednesdays
Session I: 1/30-2/27
Session II: 3/5-4/2
Session III: 4/9-5/7
Time: 6:30 – 7:30 p.m.
Fee: \$72 / 5 weeks
Age: 7 years and older
Class Limits: 5 – 20

Senior Golf



Golf Pro, Barry Krumwiede, provides gold instruction specially geared for the mature age group at the Circle K Golf Ranch in Rainbow. Starting with short irons you will learn the fundamentals of grip, stance, and swing. Demonstration, guidance, practice, and fun are all part of the plan. Practice balls and loaner golf club available.

Instructor: Barry Krumwiede
Dates: Wednesdays
Session I: 1/30-3/5
Session II: 3/12-4/16
Session III: 4/23-5/28
Time: 11 a.m. – 12 p.m.
Fee: \$73 per session
Class Limit: 4 – 6

Dog Obedience



This six week obedience course is for dogs and puppies twelve weeks and older. Instruction features communication through command / response training using verbal and silent commands. The first class meets in a community center classroom. Do not bring your dog to the first class but do bring their shot records and be ready to take notes.

Instructor: David Greene
Dates: Saturdays
Session I: 2/23-3/29
Session II: 4/12-5/17
Time: 9 – 10 a.m.
Fee: \$81 / 6 week session
Ages: 12 years and older
Class Limit: 10 – 20

“So You Want To Own A Horse?”

For the family or individual who is considering buying or leasing their first horse. What does that involve from a financial perspective? The time and energy required to maintain a healthy environment for both you and your horse. Learn the basics on how to feed, groom and care for a backyard horse. Other covered practical issues such as veterinary care, hoof care, choosing feeds and finding a riding club or riding instructor in the area will be discussed. Handouts included.

Instructor: Gayle Lawrence
Dates: Saturday, February 23
Time: 2 – 4 p.m.
Fee: \$35
Class Limit: 2 – 10 students

New! Fallbrook Senior Softball



Men and women 55 and older are invited to play Senior Softball at Ingold Community Sports Park. Softball or baseball experience is not needed if you're willing to show up and go for it! Games are played at 4 or 5:30 p.m. on Wednesdays, Thursdays and Fridays. Leagues last approximately 3 months with teams playing once or twice a week. A player draft takes place before each league begins.

For more information contact Stephen Rosenbaum 760 695 8485
stephen@fallbrookseniorsoftball.com or log onto
www.FallbrookSeniorSoftball.com

New! Exercise for Seniors



Exercise classes are held every Monday and Friday from 10:30 to 11:00 a.m. The classes are free and exercises are geared for the senior citizen working at their own pace. Exercise for seniors is held at the Fallbrook Senior Center, 300 Heald Lane. For more information please call (760) 728-4498.

New! Yoga for Seniors



Yoga class is held every Wednesdays at 1:30 p.m. The classes are free and exercises are geared for the senior citizen working at their own pace. Yoga for seniors is held at the Fallbrook Senior Center, 300 Heald Lane. For more information please call (760) 728-4498.

Hatha Yoga- Beginners & Intermediates



A great class for those who have always wondered if Yoga is for them! This class accommodates all fitness levels and is great for relaxing while moving and stretching your body and muscles. Yoga can enhance your health and fitness by improving muscular strength, endurance and flexibility.

Instructor: Judi Way
Dates: Mondays (ongoing)
Time: 6:30 – 7:25 p.m.
Fee: \$10 per class/\$70 for 10 class card
Age: 13 years and up
Class Limit: 10 – 50



Get Fit



Are those 30 minute workouts getting boring? Are you tired of going around in circles? Do you like to dance, shake it, and move it without anyone caring about what you look like? Try Judi's Get Fit Aerobic workout with a little yoga and a little Pilates with some weight lifting with big aerobic balls plus plenty of dance aerobics. We sure have fun getting and staying in shape. Give us a try!

Instructor: Judi Way
Dates: Mondays, Wednesdays, and Fridays (ongoing)
Time: 8:30 – 9:30 a.m.
Fee: \$10 per class/\$70 for 10 class card
Age: 13 years and up
Class Limit: 10 – 50

Beginning Yoga



Yoga truly is for everyone! Maintaining strength and flexibility throughout our lifetime is the key to having an enjoyable, vital life, now and in the future. Come experience a focused exercise that will leave you feeling energized and centered. You will fit right in whether you can touch your toes or just your nose.

Instructor: Cheryl Lindberg
Dates: Tuesdays & Thursdays (ongoing)
Time: 8:30 – 9:45 a.m.
Fee: \$8 per class / \$70 for 10 class card
Age: 12 years and up
Class Limit: 10 – 25

Tuesday Evening Yoga



End your Tuesday quietly and harmoniously with gentle stretching and strengthening. The best is saved for last with a peaceful and relaxing posture. Bring a blanket long enough to tuck under your toes and stretch to your shoulders.

Instructor: Cheryl Lindberg
Dates: Tuesday Evenings (ongoing)
Time: 6:30 – 7:45 p.m.
Fee: \$8 per class / \$70 for 10 class card
Age: 10 years and up
Class Limit: 4 – 20 students

FIT TIPS

Six Tips on How to stick with your New Year's Resolutions

1. Focus on positive self-talk. Congratulate yourself every time you take a step towards your resolution goal. Be your own best cheerleader.
2. Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.
3. Stick to your resolution by considering it a promise to yourself, not a test of your willpower.
4. Avoid situations that put you in temptation's path, meaning if you're on a diet, don't go to the ice cream parlor.
5. Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your resolutions. (i.e., on your bathroom mirror, next to your bed, on the visor of your car, on the refrigerator)
6. Be realistic. Make sure your plan is a realistic one that can fit into your lifestyle. Will you really have the energy to go out for that evening exercise class? Make changes as easy and convenient as possible.

Source: Health & Fitness Tips • www.health-fitness-tips.com

Live Oak Park Event Rentals - Call (760) 728-1671

AREA	SEATING	BBQ'S	FEE	FEATURES
A	72	2 SMALL	\$125	For reservations or more information, call the Community Center at (760) 728-1671
B	60	2 SMALL	\$100	
C	84	1 LARGE	\$125	Food Service Table / 110 v Electricity: \$25
D	64	1 LARGE	\$100	Food Preparation Table
E	108	5 SMALL	\$150	
F	292	1 LARGE	\$275	Food Service Counter / 110 v Electricity: \$25

The Pavilion is only reserved with Area E or F

Live music is not permitted. \$50 fee for DJ - allowed only at Pavilion

Electricity is turned off and music must end 1 hour prior to closing time

Additional \$25 Fee for each: Jumper / Pony Ride / Climbing Wall / Caterer

Live Oak Park Wedding Packages - Call (760) 728-1671

PKG	FEATURES	FEE
1	Wedding Gazebo & Reche Rd Parking Lot for 2 hour block of time	\$150
2	Wedding Pkg 1 & Picnic Area D	\$200
3	Wedding Pkg 1 & Picnic Area E & Pavilion & Electricity	\$325
4	Wedding Pkg 1 & Picnic Area F & Pavilion & Electricity	\$450
Pavilion	Dance Slab & Stage for Weddings, etc.	\$125
		\$50 if booked with Area E or F 110V Electricity: Add \$25

All picnic and wedding reservations are made at :

Fallbrook Community Center

341 Heald Lane

(760) 728-1671

Fees are payable in cash or check only.

All checks are made payable to "Live Oak Park Coalition"

FALLBROOK COMMUNITY CENTER

341 HEALD LANE, FALLBROOK, CA 92028 (760) 728-1671 FAX: (760) 451-1303

The Auditorium at the Fallbrook Community Center



THE PERFECT LOCAL SETTING FOR YOUR BIG EVENT! WEDDINGS • BIRTHDAYS • ANNIVERSARIES • BANQUETS

With seating for up to 300 guests our fully air conditioned auditorium is a convenient, attractive and economical place to have a party of any kind. Event rentals include the use of our commercial kitchen with refrigerator, freezer, ovens, stoves and steam tables. So whether you hire a caterer or self-cater your event, you'll have all the tools, support and space you'll need to host an event that your guests will rave about!

FOR PACKAGE DETAILS, PRICING & AVAILABILITY, PLEASE SEE THE CHART BELOW

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non Profit Organizations / Schools / Ongoing Rentals	Refundable Deposit	Table and Chair Rental Fee
Auditorium (Weekend)*	4032	300	\$540/100	\$405/\$75	\$300	\$50
Auditorium (Weekday)**	4032	300	\$100	\$75	\$150	\$40
Eucalyptus	528	45	\$27	\$20	-	-
North Room	1025	90	\$55	\$40	\$100	\$25
Kitchen (with Auditorium only- flat fee)	-	-	\$105	\$80	-	-

COMMUNITY CENTER PICNIC PAVILLION RESERVATIONS RATES: \$100 FROM 9 A.M. UNTIL DUSK, ADDITIONAL \$25 FOR ELECTRICITY
NO EVENING HOURS ARE AVAILABLE

Includes a covered pavilion with picnic tables seating for forty people, three BBQ grills, restrooms, drinking fountain, parking, grass play area and sand volleyball courts from 9 a.m. to dusk. No music or jumpers are allowed. All rentals must be pre-booked and pre-paid.